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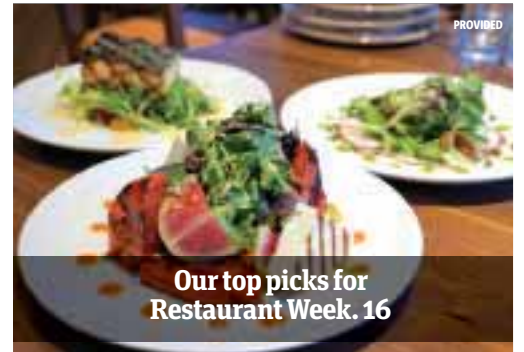
Monday, July 9, 2018 metro.us | t: MetroNewYork MetroNew

'WHITNEY'

New doc explores the music icon's legacy. 15



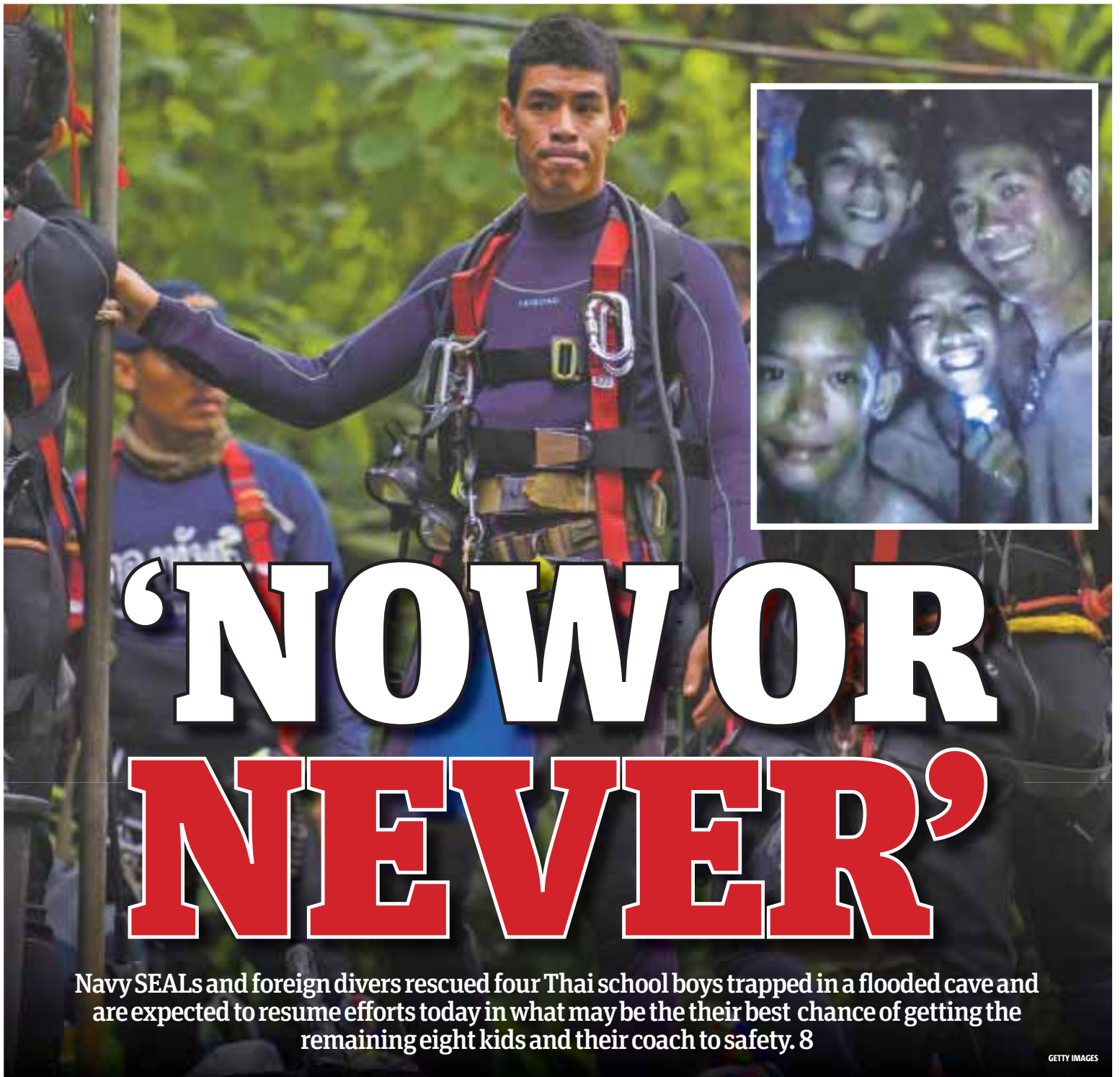
GETTY IMAGES



PROVIDED

Our top picks for
Restaurant Week. 16

Knox impressing in Knicks
Summer League. 20



'NOW OR NEVER'

Navy SEALs and foreign divers rescued four Thai school boys trapped in a flooded cave and are expected to resume efforts today in what may be the their best chance of getting the remaining eight kids and their coach to safety. 8

GETTY IMAGES

THINGS
TO
KNOW

NIKKI M MASCALL, REPORTER

Wedding season is officially underway, and while many couples follow longstanding traditions, the trend of including dogs in weddings continues to grow. If you're looking to include your furkid in your nuptials, I've got some tips from Shannon Sardella Arnold, founder of Oh To Be a Dog, which recently added wedding, proposal and engagement services to its roster, to make sure your wedding goes off without a hitch. (Or just that one of you actually getting hitched, of course!). Check out page 4 or visit metro.us.

WELCOME TO
METRO.USJUSTIN BIEBER, HAILEY
BALDWIN ENGAGED

Pop singer Justin Bieber became engaged to model Hailey Baldwin over the weekend, according to U.S. media reports on Sunday. The couple dated in 2016 but had broken up. Last month, they appeared together publicly, leading to speculation from fans that they had rekindled their romance, CNN reported. The pair got engaged on Saturday during a trip to the Bahamas, E! News said. Agents for Bieber, 24, and Baldwin, 21, did not immediately respond to requests for comments. Bieber's parents

put up social media posts that helped spark speculation about the pair. A tweet posted by Baldwin's father, actor Stephen Baldwin, also seemed to allude to the engagement, saying: "Always pray 4 Gods will !! He is moving in the hearts of JB&HB," according to CNN. The post is no longer on Baldwin's Twitter account. The romantic status of the Canadian-born pop singer, one of the world's biggest-selling musical acts, is of acute interest to his fans. Bieber dated singer and actress Selena Gomez off and on for years.

BRITISH WOMAN DIES AF-
TER NOVICHOK POISONING

A 44-year-old British woman died on Sunday after being exposed to the Novichok nerve agent in western England just a few miles from where Russian ex-spy Sergei Skripal and his daughter were struck down by the same agent four months ago. Police said they were continuing to investigate how Dawn Sturgess and a 45-year-old man, named by media as Charlie Rowley, came across an item contaminated with Novichok, which was developed by the Soviet military during the Cold War. The March attack on the Skripals prompted

the biggest Western expulsion of Russian diplomats since the Cold War as allies sided with Britain's view that Moscow was either responsible or had lost control of the nerve agent. Moscow hit back by expelling Western diplomats. The death of Sturgess was being investigated as a murder, police said in a statement. Prime Minister Theresa May said she was appalled and shocked by the death. The poisoning of the Skripals with Novichok was the first known offensive use of such a chemical weapon on European soil since World War II.

CHILI-EATING CONTEST IN HUNAN

A contestant lies in a chili-covered pool eating chillies during a chili-eating contest on Sunday in Ningxiang, Hunan Province of China. Tang Shuaihui ate 50 chillies in one minute to win the contest.

HEAT RELIEF FORECAST AS
CALIFORNIA FIRES RAGE

California firefighters battling several wildfires that have destroyed dozens of structures and forced thousands of residents to evacuate will get some relief as temperatures cool from scorching levels later this week, the National Weather Service (NWS) said. "Starting Monday we're going to see a gradual cooldown as we shave just a few degrees off each day until about midweek it gets to something like normal, in the mid-90s inland and 80s at the coast," said Jim Hayes of the NWS Weather Prediction Center in College Park, Maryland. "Today it's going to

be another miserable, hot, dry day." Temperatures in some areas inland are expected to reach triple digits. Santa Barbara County officials declared a local emergency on Saturday as a fast-moving wildfire destroyed 20 homes and other structures and forced thousands of residents to evacuate. The Holiday Fire, one of more than three dozen major blazes burning across the U.S. West, broke out on Friday evening near the beach community of Goleta, California, south of Santa Barbara, and raced through the seaside foothills.

10 KILLED AFTER TURKISH
TRAIN DERAILMENT

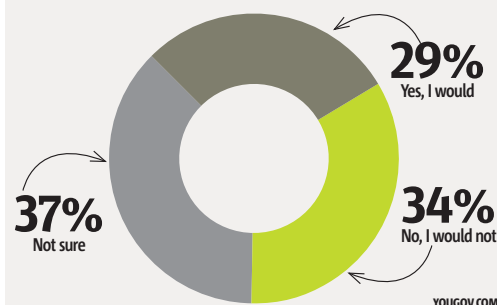
Ten people were killed and 73 wounded when a train came off the rails in northwest Turkey on Sunday after heavy rain and a landslide, Turkish television channels quoted a health ministry official as saying. The train was carrying 362 passengers and was headed to Istanbul when five carriages came off the tracks, the transport ministry said in a statement. Images showed several wagons laying on their side and emergency personnel walking to reach the crash site. One survivor, walking along the rail track away from the accident

site, told CNN Turk television that he had seen more than 10 bodies. "Unfortunately we have fatalities and casualties," said a statement from the prime minister's office, which claimed the suburban train suffered an accident after a landslide. The local governor in Tekirdag, about 75 miles west of Istanbul, blamed heavy rain for the derailment. "Our helicopter ambulances have reached the site. Many of those injured have been taken off the site," Mehmet Ceylan said. President Tayyip Erdogan's office sent condolences for those killed.

STATS

3-D-PRINTED HOUSE

A family in France has become the first in the world to move into a 3-D-printed house, which cost about \$233,530 and took 54 hours to create. Would you ever consider living in a 3-D printed house?



Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

That’s the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

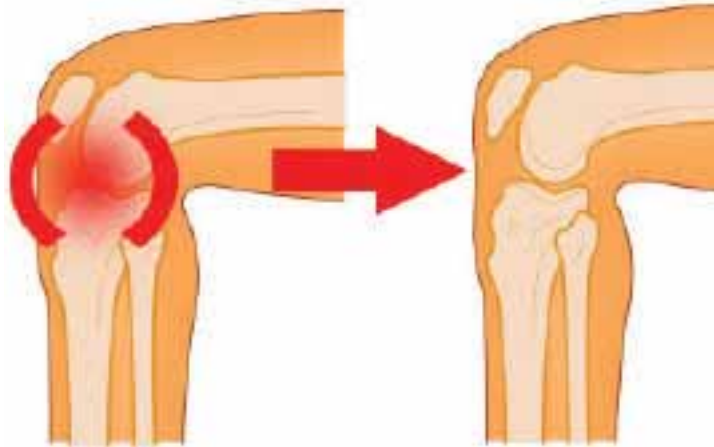
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here’s What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com

877-296-6310

NEWS

It's wedding season. Here's how to include your dog in your ceremony

The folks at Oh To Be a Dog offer advice on including your four-legged friend in your big day.



NIKKI M. MASCALI
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Wedding season is officially underway, and while many soon-to-be-married couples follow long-standing traditions, the trend of having dogs in weddings continues to grow in popularity.

"I think overall dog trends have changed, and the viewpoint on dogs has become more family-oriented," said Shannon Sardella Arnold, who founded dog-walking and dog-sitting service Oh to Be a Dog in Los Angeles in

"I think overall, dog trends have changed, and the viewpoint on dogs has become more family-oriented."

Shannon Sardella Arnold

2010. "We do more for them now, so of course I think having dogs in weddings has just become a bigger trend."

Oh To Be a Dog has since launched in New York City and added wedding, proposal and engagement services to meet this growing trend, which includes full-service pet care, pick up and drop off,



Wedding season is officially underway, as is the growing trend of having your dog in your wedding. Here are some things to think about if you want to include your pup in the big day. **ISTOCK**

photo assistance and more.

While even the most well-trained, well-watched dog has a mind of its own, which can make for some unpredictable moments if you include your dog in your wedding, Arnold, so far,

WHAT TO KEEP IN MIND IF YOU INCLUDE YOUR DOG IN YOUR WEDDING

If you're planning to have your dog in your wedding, here are a few things Arnold suggests keeping in mind for the big day.

- **Your pup's personality** "Some dogs get socially stressed out if there's a lot of people or noises in the environment," Arnold said, and if your dog is one of them, being at the ceremony and reception may not be the best thing for them — or you.
- **Do a venue visit** If you're able, take your dog to the venue beforehand, Arnold suggested, and "have them

sniff around, so it's not a completely new place that they're excited to check out every inch of" come wedding day.

- **Pre-ceremony exercise** Exercising before the wedding ceremony can help jittery couples — and their dogs — let off some steam. "You don't want to bring them to somewhere they have to behave and they're full of energy and not ready to do what you want them to do," Arnold said. "A tired dog is a happy dog is definitely a true statement."
- **Go pro, not family** Many couples choose to

have a family member mind their dogs at the wedding, and it may be someone who doesn't normally care for them. "You want them to enjoy the wedding and be a part of it, but now they're worried about your dog because they're not used to it," Arnold said.

To that end, professionals like those from Oh To Be a Dog are likely someone your dog is already familiar with, and since they come armed with healthy, grain-free treats, water, toys, first aid and more, they're up to the task.

has been lucky to not see anything "too super crazy."

"I've never had any cake toppings, ripping tablecloths from tables or dogs running

amok," she said. "We did a wedding where we walked the dog down the aisle, and she was a surprise to the groom, so he didn't know and was super-elated, which

caused her to get really excited. But he was really great and bent down to calm her down."

For more info, visit ohtobeadogatyourwedding.com.

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Brooklyn judge vows not to reincarcerate for weed smoking

Judge Jack B. Weinstein says people recently released from prison should not be re-imprisoned while on supervised release for smoking marijuana.



A Brooklyn federal judge said he will no longer re-imprison people for smoking marijuana. SHUTTERSTOCK



KRISTIN TOUSSAINT
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A federal judge in Brooklyn says that he will no longer send people who have recently been released from prison back behind bars just for smoking marijuana.

Jack B. Weinstein, a United States district court judge for the Eastern District of New York, made the promise in a written opinion on Thursday. Weinstein, who is 96 and was ap-

pointed to the court in 1967, cited society's increasing acceptance of pot for his decision.

"Without addressing the advantages and dangers of the change in criminal laws on smoking marijuana, it is obvious that marijuana use, through law, policy, and social custom, is becoming increasingly accepted by society. Many people from all walks of life now use marijuana without fear of adverse legal consequences," he wrote. "In New York, where mari-

juana policy is evolving in favor of decriminalization, serious racial and social-class disparities exist in the enforcement of anti-marijuana laws."

New York City officials recently announced that they would no longer arrest people for smoking weed in public if they do not have a prior record. While marijuana use is becoming more accepted and allowed on the state level across the country, it is still illegal under federal law, Weinstein noted.

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A New Sex Pill Takes the Spotlight as the Viagra Patent is About to Expire

A patented pill costing less than \$1 a dose stands to help millions of men with failing sex lives; no prescription will be required

By Ray Wilson
Associated Health Press

AHP – A new sex pill is set to take the spotlight with the Viagra patent about to expire. But unlike the former, it won't require a prescription and is priced just under a \$1 a dose.

The new pill called *Vesele* is part of a new class of performance enhancers for men, which work instantaneously on the body and mind triggering arousal and firmer, harder erections.

Formulated with a special compound known as an "accelerator", *Vesele* can transport its active ingredients faster and more efficiently into the blood stream, where it begins to work its magic.

The patented ingredient blend initiates a process known as vasodilation, which causes arteries and vessels throughout the body to expand. This allows blood to flow directly to penis and genitals, resulting in harder erections which last longer. Cialis and Viagra are based around a similar concept.

But what makes *Vesele* so remarkable, and what these other sex pills can't do, is that also directs a small portion of this blood flow to the brain, which creates feelings of intense arousal. In laymen's terms, users become incredibly excited and turned on.

This is why the makers of *Vesele* say their pill has worked so effectively in clinical trials. It stimulates the two most important organs for great sex, the penis and the brain.

The Brain Erection Connection

Until now, medical researchers did not fully understand the brain-erection connection. It has now been made clear with *Vesele*. When both are supplied with a constant blood flow, men are harder and firmer for longer...and have unbelievable sex drives.

"Most of the research and treatment methods for men's sexual failures have focused on physiological factors and have neglected the emotional ones. For the leading sex drugs to work, like Cialis and Viagra, you need visual stimulation" explains Dr. Henry Esber, the creator of *Vesele*.

"And although they work for some men, the majority experience absolutely no fulfillment during sex.

According to research published by the National Institute of Health, 50% of men taking these drugs stop responding or can't tolerate their side effects...and on top of that they spend \$50 per pill and it doesn't even work half the time.

This is what makes *Vesele* so different and effective. It floods the blood stream with key ingredients which cause arteries all over the body

to expand. The patented accelerator speeds up this process even more.

The result is a rush of blood flow to the penis and brain, helping to create an impressive erection and a surging desire for sex. Often, this is all men need to get going. And when taken regularly, many men say they are energized and aroused all day."

Great Sex At Any Age

With the conclusion of their latest human clinical use survey trial, Dr. Esber and his team are now offering *Vesele* in the US. And regardless of the market, its sales are exploding.

Men across the country are eager to get their hands on the new pill and according to the research, they should be.

In the trial above, as compared to baseline, men taking *Vesele* saw a staggering 85% improvement in erection hardness over a four-month period. Their erections also lasted twice as long.

These same men also experienced an astounding 82% increase in the desire for sex (libido/sex drive) and an even greater improvement in overall satisfaction and ability to satisfy their partners.

Many men taking *Vesele* described feeling horny and aroused through the day. The anticipation before sex was amazing. They were also easily turned on. Their moods were more upbeat and positive, too.

Faster Absorption into the Blood Stream

Vesele is made up of three specialized ingredients: two clinical strength vasodilators and a patented absorption enhancer often called an accelerator. According to an enormous amount of clinical data, each is very safe.

Research shows that with age, many men lose their desire and interest in sex. They also struggle to produce an erection firm enough for penetration.

And although there are many theories as to why this happens (including a loss in testosterone) one thing is certain, inadequate blood flow is virtually always to blame. That's why sex drug manufacturers focus on blood flow, it makes your erection hard.

But what's more surprising, and what these manufacturers have failed to consider, is that lack of blood flow can also kill your sex drive. That's because blood supplies energy for the brain. This energy is required for creating brainwaves that cause excitability and arousal.

Studies show the *Vesele* stimulates the entire cardiovascular system, including the arteries that lead to both the brain and penis. The extreme concentration of the ingredients combined with the accelerator ensures that this process starts quickly.



Expiring Patent Opens the Door to a New Sex Pill: *Vesele* is a new pill that cost just \$1 a dose does not require a prescription. It works on both body and mind to increase arousal and erection hardness.

The sexual benefits of *Vesele* are also multiplied as its ingredients build up in the system over time. This is why many men take it every single day.

Recent Studies Show Positive Effects on Women

In the same study referenced throughout, *Vesele* was also shown to have an amazing (and somewhat surprising) effect on women too. That's because the same arteries and vessels that carry blood and oxygen to the brain and genitals are the same in men and women.

"In our most recent study, women taking *Vesele* saw a stunning 52% improvement in arousal and sex drive. Perhaps more impressive, they also experienced a 57% improvement in lubrication.

You can imagine why some couples are taking *Vesele* together. Everything feels better. Everything works better. Everyone performs better. It's truly amazing."

A New Frontier of Non-Prescription Sex Pills

With daily use, *Vesele* is helping men (and women) restore failing sex lives and overcome sexual let downs without side effect or expense.

Through a patented absorption enhancer, the *Vesele* formula hits the bloodstream quickly, resulting in phenomenal improvements in erection firmness and hardness. By boosting blood flow to the brain, users also experience sexual urges and arousal they often haven't felt in years.

Where to Find Vesele

This is the official release of *Vesele* in New York. As such, the company is offering a special discounted supply to any reader who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all New York residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-636-1127 and will only be open for the next 48 hours. Only a limited discounted supply of *Vesele* is currently available in your region.



Thirteen foreign divers and five Navy SEALs guided four boys to safety. GETTY IMAGES

Four boys saved from Thai cave while the rest wait for rescue to resume Monday

Officials are hoping for Sunday-like conditions to continue the rescue.

Four of 12 Thai schoolboys were rescued from a flooded cave on Sunday in a daring and dangerous operation to save the

children and their soccer coach who have been trapped underground for more than two weeks.

The operation to rescue the remaining eight boys — some as young as 11 and weak swimmers — and the coach was called off at nightfall until Monday to give the divers time to replenish oxygen supplies and ensure all preparations were complete.

Thirteen foreign divers and five members of Thailand's elite navy SEAL unit guided the boys to safety through narrow, submerged passageways that claimed the life of a former Thai navy diver on Friday.

"Today was the best day, the best situation in terms of the weather, the health of the boys, our water management for our rescue effort," the head of the rescue operation, Narongsak Osotanakorn, told a news conference.

"Today we managed to rescue and send back four children to Chiang Rai Prachanukrua Hospital safely."

The rescuers needed at least 10 hours to prepare for their next operation, involving about 90 divers in total, 50 of them from foreign countries, he said.

A helicopter flew the four boys to the nearby city of Chiang Rai, where they were taken by ambulance to the hospital.

Their ordeal has drawn huge media attention in Thailand and abroad, and getting the boys out safely could be a boost for Thailand's junta ahead of a general election next year.

"Today is D-Day," Narongsak had earlier told reporters.

Bursts of heavy monsoon rain soaked the Tham Luang Cave area in northern Chiang Rai province on Sunday and storms were expected in coming weeks, increasing the risks in what has been called a "war with water and time" to save the team.

The boys, aged be-

tween 11 and 16, went missing with their 25-year-old coach after soccer practice on June 23, setting out on an adventure to explore the cave complex near the border with Myanmar and celebrate a boy's birthday.

"Today was the best day, the best situation in terms of the weather, the health of the boys, our water management for our rescue effort."

Narongsak Osotanakorn

The rescue teams had rehearsed the plan for several days, Narongsak said, and had managed to drain the cave water level considerably, but needed to move fast.

"If we wait and the rain comes in the next few days we will be tired again from pumping and our readiness would drop. If that's the case, then we have to reassess the situation," he said.

"We can only carry on the operation once we are ready and this will be done soon, because the air tank and other systems have to be reinstalled," he told reporters later.

"... I can't give you an exact number but it should be more than 10 hours but not exceeding 20 hours. The conditions must be stable like today before we can continue the operation."

An Australian doctor checked the health of the boys on Saturday night and gave the all-clear for the operation to proceed.

The boys were discovered by British divers Richard Stanton and John Volanthen on Monday. REUTERS

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TRUMP'S AMERICA

TRAPPED IN A CAVE, TRAPPED IN A JAIL

Analysis

ELLIS HENICAN

Metro columnist
Ellis Henican is the
best-selling author of a
dozen books. Join Ellis
on Twitter @henican.



Q: What's the difference between innocent children trapped in a cave in Thailand and innocent children trapped in an immigrant jail in the United States?

A: In Thailand, rescuers are hurrying to free the innocents. In America, the government is doing everything it can to extend their captivity.

It was thrilling on Sunday to watch the first of a dozen Thai soccer boys pulled from that flooded cave outside Mae Sai. The courage of the scuba rescuers, the exuberant celebration of the boys' teammates, the heart-pounding cheers from around the world. Heavy monsoon rains were threatening. The danger hadn't passed as rescuers raced against time for a full extraction. No one could breathe relief until all

of the boys were safely out of there.

Meanwhile, at the U.S. immigrant-detention centers in Texas and elsewhere? Boys and girls, some just a few months old, are still apart from their parents and still being held behind bars despite court rulings and sputtering promises from the White House. The headlines report more excuses, more cruelty and more delay. "Trump admin lost track of parents of 38 young migrant children." "Trump administration seeks more time to reunite some migrant families split at border." "Trump admin hands over names of children under 5 separated at border." "Judge rejects Trump request for delay to reunite kids at border."

Are we really being bested by the decency of Thailand?

Once upon a time, America was a beacon of freedom and child protection around the world. Now is not such a time. Talk of a border wall. The press for a Muslim ban. The Trump administration's policy of separating immigrant children from their immigrant parents even those arriving as refugees. The stepped-up prosecution of people entering the country illegally. That's all come together to extinguish, at least temporarily, a glorious light that has shone for more than two centuries now.

As that inspiring soccer rescue unfolds before our eyes, we would all do well to recall the universal good feeling flowing around the globe from rural Thailand. It may be a while before we get another dose of it around here.



While rescuers in Thailand are rushing to save a group of kids, the Trump administration is spinning its wheels on returning detained immigrant kids to their families. GETTY IMAGES

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CARE AND VISITS

High temps can bring high health risks

"Very high body temperatures may damage the brain or other vital organs," said Dr. Jaimie Khemraj of Ryan Health. Here's how to stay safe.



NIKKI M. MASCALI
nikki.mascali@metro.us

Rejoice! The first major heat wave of summer 2018 officially ended in New York City last week after four days of sweltering above-90 temperatures. But with

forecasters expecting to see the thermometer stuck in the mid- to high-80s for much of the rest of the summer, with Tuesday's temps projected around 90, you're not quite out of danger when it comes to heat-related illnesses.

Like heat waves, which are at least three consecutive days of 90-plus weather, temperatures in the 80s can also come with a slew of health risks, said Dr. Jaimie Khemraj, medical director at city-based Ryan Health.

"Very high body temperatures may damage the brain or other vital



"Very high body temperatures may damage the brain or other vital organs," said Dr. Jaimie Khemraj of New York City-based Ryan Health. PROVIDED

HEAT-RELATED ILLNESSES

What's the difference between heat cramps, heat stroke and heat exhaustion?

Heat cramps, heat stroke and heat exhaustion are forms of heat-related illnesses that vary by severity.

The mildest of the three are heat cramps, "where there are muscle pains or spasms with strenuous

activity," Khemraj said, adding that those who sweat a lot during such activity are more prone as it "depletes the body's salt and moisture."

Heat cramps may also be a symptom of heat exhaustion, a more moderate illness that can develop after several days of exposure to high temps and inadequate or unbal-

anced fluid replacement, she said.

Heat stroke is the most serious heat-related illness and occurs when the body is unable to control its temperature, which may rise to 103 degrees or more.

"The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down," Khemraj

explained. "Heat stroke can cause death or permanent disability if emergency treatment is not provided."

Use your air conditioner (AC) to help avoid heat-related illnesses

While electric fans may offer some comfort, they won't prevent heat-related illnesses when the thermometer hits the 90s for

those without AC, Khemraj said.

"Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off," she suggested. "Air conditioning is the strongest protective factor against heat-related illness." Being in the AC for just a few hours a day can reduce the risk of heat-related

illnesses, Khemraj said, so think about hitting up a city cooling station, library or mall.

Is water the best way to hydrate in a heat wave? "Hydration is best with water. Avoid sugary drinks like sodas," Khemraj said. "If you have perspired too much, consider a sports drink."

90°

TUESDAY

Tuesday's temps
projected around 90



80°

REST OF
SUMMER

Expecting mid- to high-
80s for much of the rest
of the summer

organs," she explained. "Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly."

Some of those factors that can limit one's ability to regulate temperature include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, prescription drug and alcohol use, and sunburn, which many of us may suffer as we head to city beaches, parks and

pools to stay cool.

Most heat-related illnesses happen because of overexposure or over-exercising.

"Pace yourself," Khemraj urged. "If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually."

If your heart is pounding or you're gasping for breath, "stop all activity," Khemraj said. "Get into a cool area or at least in the shade, and rest, especially if you become lightheaded, confused, weak or faint."



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MADE FOR NEW YORK.



Rescuers help an elderly man to safety after heavy rains and landslides hit western Japan. GETTY IMAGES

Torrential rains kill at least 88 in western Japan

At least 58 people were still missing with more rain expected.

The death toll from torrential rain and landslides in western Japan rose to 88 people early on Monday with dozens still missing after the rescue of more than 2,000 stranded in the city of Kurashiki.

Evacuation orders were in place for nearly two million people and

landslide warnings were issued in many prefectures.

In hard-hit western Japan, emergency services and military personnel used helicopters and boats to rescue people from overflowing rivers and buildings, including a hospital.

Scores of staff and patients, some still in their pajamas, were rescued from the isolated Mabi Memorial Hospital in boats rowed by members of Japan's Self Defense Forces.

ning, according to NHK, while search-and-rescue teams looked for others.

The overall death toll from the rains in Japan rose to at least 88 after floodwaters forced several million people from their homes, NHK reported early on Monday.

An additional 58 were missing, NHK said, and more rain was set to hit some areas for at least another day.

The rain set off landslides and flooded rivers, trapping many people in their houses or on rooftops.

"This is a situation of extreme danger," an official at the Japanese Meteorological Agency (JMA), told a news conference.

A 3-year-old girl whose home was hit by a landslide in Hiroshima prefecture was found dead by a search team.

"It's very painful," said one elderly man watching nearby. "I have a granddaughter the same age. If it were her, I wouldn't be able to stop crying."

Japan's government set up an emergency management center at the prime minister's office and some 54,000 rescuers from the military, police and fire departments were dispatched across a wide swath of western and southwestern Japan.

"There are still many people missing and others in need of help, we are working against time," Prime Minister Shinzo Abe said on Sunday morning.

Two sisters from an elementary school of just six pupils on the small island of Nuwa in Ehime prefecture are among the dead. The younger, a first-grader, was a star and the hope of the depopulated island, the principal told NHK. REUTERS

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Russia's quest for a World Cup title fell short after Saturday's loss to Croatia in the quarterfinals. GETTY IMAGES

Glory in defeat — crowds hail Russia World Cup team

Tens of thousands of Russian soccer fans gathered in Moscow on Sunday to cheer the national team after its narrow defeat to Croatia brought an unlikely World Cup run to an emotional end.

Despite Saturday's defeat, Russians have been celebrating, proud of a campaign which saw their players reach the last eight after starting out as the lowest-ranked team in the tournament.

For many fans, the fact that Russia lost only in a penalty shootout against a team widely considered to be one of the most skilled in the tournament was a victory in itself.

"We came to support our team as we do not think they lost," said Kristina Ladygina while waiting at the FIFA "fan fest" zone for the players to appear.

"We did win," she said. "Most importantly,

they won for us, for the whole country and they won a place in our hearts."

"We did win. Most importantly, they won for us, for the whole country and they won a place in our hearts."

Kristina Ladygina

Looking cheerful, the players and their manager walked out on stage to roars of "thank you" and "well done" from the crowd. They took photographs of themselves with the crowd and unfurled a banner saying "we play for you".

"We played with our souls and with our hearts, thank you so much. These guys made history and you are the best!" captain and goalkeeper Igor Akinfeev said.

In the run-up to the tournament, the team's poor performance had made it the butt of many jokes in Russia, and a video poking fun at the players was watched 11 million times online.

But on Saturday the team bowed out as heroes with fans in Moscow dancing on the streets and chanting "Russia" through the night.

"Clearly, we wanted to go even further but sadly today we could not," Coach Stanislav Cherchesov told the crowd.

"In four years' time in Qatar we will be better," said Cherchesov about the next World Cup tournament. REUTERS

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- Alex, Metro US reader

VENT TO US!
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GOING TOO HARD ON HOLIDAYS

A Metro Philly reader sent us a Grumble about being kept up by her neighbors shooting off fireworks on the Fourth of July until the early hours in the morning. As much as everyone likes to partake in the festivities on this

holiday, where do we draw the line? Sometimes people go way too hard on America's birthday, and because the holiday fell on a weekday this year, it was a total nuisance for people who had to shuffle off on their morning

commute on the fifth. But it's not just the 4th of July that people go absolutely nuts for. Take St. Paddy's day: Do people really need to get so belligerently drunk and rowdy in honor of a saint who (according to legend)

led the snakes out of Ireland? Just the reputation alone for some of these party holidays will make you want to stay indoors and not venture into the streets. Look, I'm all for celebrating. But finding that perfect balance of

keeping fun traditions alive and partying for the sake of partying is key to being respectful of neighbors who may not have the same amount of enthusiasm as you. Rein it in, people. Some of us are trying to sleep!

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The winning caption from Latasha Campbell, Metro US reader

TOMORROW'S PHOTO:



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Aries You've got moves that will attract attention. Whether a verbal or physical contribution, your effort will carry weight and drum up the support needed to accomplish your goal.



Taurus Your desire for change must not be confused with what's actually doable. Don't lose sight of your original idea or you will end up going over budget or taking on too much.



Gemini Put your energy into doing things for yourself. The effort you put in will save you money and help you build the confidence required to take on more complex projects.



Cancer If you expand your interests, you will come in contact with someone who motivates you to achieve your dreams. Personal gains are within reach. Change should be welcome.



Leo Hold on to what you've got rather than trying to jump into something new. Patience will be required. Listen to your inner voice.



Virgo If you take a greater interest in what others are doing, you'll learn something that will help you bring about personal change. A lifestyle adjustment will be energizing.



Libra Take stock of the past and make a couple of changes that will help you spend less money. Monitoring your habits will be liberating and will lead to a healthy and fruitful future.



Scorpio Look at the logistics of a situation before you decide to engage in it. Know what and who you are up against before you begin a discussion that could lead to an irreversible event.



Sagittarius Let your free-spirited, adventurous side take the reins. Trips, meetings and educational pursuits will lead to new beginnings and interesting prospects. A romantic gesture will intrigue you.



Capricorn Put a minimum and maximum in place when dealing with financial affairs. A change of heart will leave you wondering what went wrong. Consider your options and proceed with caution.



Aquarius It doesn't matter who said what, it matters who did what. Don't fall short on your promises, and make positive adjustments that will secure your personal finances and impress a loved one.



Pisces Keep your emotions out of important decisions. Having a level head will help you gain the confidence of people you will need on your team to get ahead. EUGENIA LAST

LIFESTYLE

Director Kevin MacDonald talks us through his expansive and startling documentary.



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

When he was approached to make a documentary about Whitney Houston, Kevin MacDonald had absolutely no interest in doing so. The Scottish director of "One Day in September," "Touching The Void" and "Marley" had long lost patience and sympathy with the legendary singer because of "her endless tabloid exploits and battle with drugs," which culminated with her death at the age of 48 on Feb. 11, 2012.

But eventually, that was exactly the reason MacDonald decided to oversee "Whitney," as it gave him the opportunity to explore how Houston's self-destructive behavior affected her extraordinary singing talent. Especially as he wanted to give pop-culture aficionados the chance to finally appreciate and take Houston seriously. We caught up with MacDonald to chat about how he put together this riveting and eye-opening documentary about the late music icon.

Why Whitney Houston?
I was first approached about two-and-a-half years ago, in January

It's time to take Whitney Houston seriously



"Whitney" the documentary is now in theaters.

2015, by the producers. My first reaction was, "I am not really interested in Whitney Houston." They said, "No, she is more interesting than you think." I shared the same opinion as most people. I had lost sympathy with her through her endless tabloid exploits and battle with drugs, which culminated with her death at the age of 48 on Feb. 11, 2012.

But eventually, that was exactly the reason MacDonald decided to oversee "Whitney," as it gave him the opportunity to explore how Houston's self-destructive behavior affected her extraordinary singing talent. Especially as he wanted to give pop-culture aficionados the chance to finally appreciate and take Houston seriously. We caught up with MacDonald to chat about how he put together this riveting and eye-opening documentary about the late music icon.

What aspect of Whitney did you want to explore?
My whole interest in the

film was to see if I could make a serious film about a person who is not taken seriously. A serious film about a tabloid figure and a seemingly superficial tabloid celebrity. Can they say something serious about our times and about race and about identity, and at the same time, be a moving personal story? That was my aim.

Were there any parts of her life you wanted to cover but couldn't?
Not necessarily anything that fell by the wayside, but I just thought that it would be an easier film to make. As I looked more and more into Whitney, she gave very few interviews. And when she did, they were mostly so superficial, and she was clearly not engaged. She had no diaries or letters, and she didn't really leave much behind for us to interpret her. She didn't write most of her own songs, like Amy Winehouse did. With Whitney, it was her interpretive

powers that were so amazing, not the works themselves reflecting her life. She was an enigma. That was frustrating as a filmmaker because you can't seem to get at someone or find someone inside them. At the same time, it just makes you more intrigued.

Talk about working so closely with the family.
Right at the start I told them I was only interested in doing the film as long as I had control over the editorial content. They gave me the final cut of the film, but were very nervous. At first they said all the right things: "We want to make the film to understand Whitney and there's so much that people will get wrong." I think they are right — there is so much of her perception that



Kevin MacDonald

people do get wrong. But at the same time, they weren't really willing to go beyond platitudes themselves. It took a long time, to begin with some of them were actually quite dismissive and aggressive. But by the end of it, the two brothers, Michael and Gary, especially, told me, "This has been the therapy that I needed to have. We are glad that we did it, even though it was painful."

You said you'd never worked on a documenta-

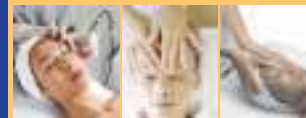
ry where so many people told lies. What was your process in that regard?

The process of it was simple. There was so little of interest written about Whitney and so little research that I could do that I just started interviewing people. I didn't want to just interview people on the phone, I wanted to interview people on film. So my research was the filming. Most of what I was discovering and finding out, well 95 percent of it, was on camera. So that has pros and cons. I interviewed a lot of people, in fact I wasted a lot of money and time talking to people that in the end wouldn't give me anything, wouldn't open up or just didn't have anything to say. There were also a lot of

lies. There was a woman called Lynn Volkman, who was Whitney's publicist for years, who started to cry when I asked, "Why is everyone lying?" She said, "The thing is, Kevin, we have all spent so long covering for Whitney — 20, 30 years lying. Lying to the public, to the fans, to the record company about her addiction, where she was, her sexuality. We have all gotten so used to it. It is very hard to tell the truth and move on from that without feeling like you are betraying her."

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PROVIDED

Your best bets for *Restaurant Week*

Reservations for the summer edition of Restaurant Week open today — here are the hotspots to check out.

EVA KIS
eva.kis@metro.us

Your annual reward for enduring summer in New York City is here. Restaurant Week is back from July 23-Aug. 17 at 384 restaurants across all five boroughs.

New for 2018, the lunch prix-fixe menu has been cut from three courses to two to save time for \$26. Dinner remains a three-course prix-fixe for \$42 (neither including drinks, tax and tip).

There's plenty to explore among the 32 cuisines represented, but do note that Saturdays are excluded, Sundays are optional, and some res-

Trattoria Italiane
FACEBOOK

taurants only offer their prix fixe menus during lunch or dinner.

Now that you've got the fine print, here are our recommendations for NYC Restaurant Week, Summer 2018 edition:

Naoki

Among all the splashy Japanese restaurants in the city, Naoki stands out

with a zen rock garden in its hidden backyard. Tucked into an alley, the restaurant's understated entrance gives way to intricate nature-inspired carvings inside and a modern (and modestly priced) Japanese menu that's surely the most artful omakase in town. Desserts are a particular highlight, including a matcha tiramisu

designed to recreate the garden. 311 W. 17th St., Chelsea

Bar Primi

Enjoy outdoor dining weather with the season's hottest cocktail in your hand. Bar Primi has put a bubbly spin on frosé, with the Prosecco cocktail that should absolutely start your

meal, to be sipped on the restaurant's spacious corner patio recreates that French feeling on the Bowery. Settle in for some unconventional Spinach Cavatelli or the hangover-busting Breakfast Spaghetti. 325 Bowery, NoHo

Ousia

Just in time for Restaurant Week, modern Mediterranean fusion restaurant Ousia is launching a new summer menu of light, bright and shareable Greek and vegetable-focused dishes like grilled watermelon salad with Manouri cheese and a strawberry vinaigrette drizzle, and gemista (red peppers stuffed with rice, pine nuts and cherries). 629 W. 57th St., Hell's Kitchen

Trattoria Italiane

Switching from upscale dining to a more casual atmosphere has won Trat-

toria Italiane new fans while keeping everything that made the restaurant beloved: warm service, housemade pastas and that delightful fougasse. The menu is Northern Italy-meets-Southern France, and during Aperitivo Hour (5:30-6:30 p.m.) you'll find a fizz of the day for \$7, deals on wine and amuse bouches. 19 W. 24th St., Flatiron

Baar Baar

Ever since Babu Ji threw the gauntlet in 2016 for what Indian food could be — fuschia, to name just one — New York has been spoiled for choice among innovative takes on the cuisine. Gastropub Baar Baar is the buzziest newcomer, taking over Instagram with its gorgeous plates using traditional techniques with new ingredients: tandoori octopus, pinwheel paneer, masala chocolate. 13 E. First St., East Village

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Commune with your Animal Soul

Walk among artist Jason Hackenwerth's garden of surreal balloon sculptures at Brookfield Place — they even come to life!

LINDA LABAN
letters@metro.us

After being overrun by giant glowing rabbits in 2016, Lower Manhattan's palm-tree paradise, Brookfield Place is hosting another set of oversized balloon sculptures called Animal Soul.

The colorful larger-than-life figures arriving on July 11 are best described as a savage garden, creations that are a cross between flowers and insects. Dreamed up by the whimsical mind of artist Jason Hackenwerth, Animal Soul will tower over Brookfield Place's Waterfront Plaza, reaching up to 30 feet tall.

In addition to his curi-



Jason Hackenwerth dances with his Megamites creations — and you can, too! ALL PHOTOS FARAH SORA

ous garden, Hackenwerth also created five wearable balloon "sculptures" called Megamites, which come to life with the help of professional dancers. They'll be performing two two-hour shows

daily, including a Quiet Clubbing dance party on the night of Thursday, July 12. Commissioned by Arts Brookfield, Animal Soul is free to visit but only around through Sunday, July 15.

Born in St. Louis, Hackenwerth is a painter, sculptor and multimedia artist whose balloon sculptures have been exhibited all over the world. He learned the art of balloon twisting from

his mom and moved to New York in 2003, where he promptly began adding whimsical balloon artworks to subway stations across the city as a distraction from the ever-present advertisements.

"We're bombarded by images everywhere, and the intention behind all this is to offer an escape," he says. "With inflatable there's an immediate response," he adds. "There's something magical about balloons: They defy gravity and seem to belong in a magical world we can enter. The result is people are transfixed and connected."

Public spaces like Brookfield Place have an important role for artworks like Hackenw-

erth's, which struggle to find a traditional gallery that can accommodate them — or would even want to.

"I'm not creating a salable object, but instead I'm making something that's more of an experience," Hackenwerth says. "I am creating art that is for everyone, but owned by no one."



See Animal Soul on July 11-15 at Brookfield

Place, 230 Vesey St. The Waterfront Plaza is open Mon-Sat noon-8 p.m. and Sun until 6 p.m. The Megamites perform Wednesday/Friday noon-2 p.m. and 6-8 p.m.; Thursday noon-2 p.m.; Saturday/Sunday noon-3 p.m. Quiet Clubbing is Thursday from 6-9 p.m. artsbrookfield.com.

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As back-to-school season approaches, your kids may have outgrown their clothes — but they don't have to outgrow your budget. Here's how credit cards can cut some of those costs.

Rewards

Reward rates vary by type of card, but a decent return for cash-back credit cards might range from 1.5% to 2% back

per dollar spent to 5% back on rotating bonus categories. Those rewards can be redeemed for cash or a statement credit to offset school purchases, for example, or applied to future travel. A credit card that earns cash back generally requires good credit. You'll get the most value if you pay your bill in full every month,

avoiding interest charges.

Sign-up bonuses

A credit card sign-up bonus can be worth hundreds of dollars if you meet the minimum spending requirement. Classroom purchases bring Kyle Craighead and his wife, fellow teachers and bloggers at Teachers



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Credit cards can give you a break on back-to-school purchases

tags. A rewards credit card with an introductory 0% annual percentage rate can offer breathing room for large purchases.

You still have to pay monthly, but you won't be charged interest during the promotional period.

Online shopping portals

Multiply your credit card rewards by shopping through the card's bonus mall or a cash-back shopping site. For example, an online portal may offer 5% cash back at a certain store. If you spent \$300 with a card that also earns 2% back, you'd get \$21 back. Chonce Maddox, blogger at My Debt Epiphany, uses a cash-back card to make purchases via Ebates, a cash-back site. This year, she'll shop for clothes and school supplies for her

8-year-old. "I like to stack my savings and cash back and discounts as well as I can," Maddox says. She deposits earnings into her checking account and uses them for vacations or dining.

Price protection

If your credit card offers price protection, you can be refunded the difference on a purchase if you find a lower advertised price within a designated time frame. Some issuers are altering or ending their price protection policies later this year, though. Also, depending on the issuer, you might have to submit documents. For Craighead, the extra legwork was worth it when iPad prices dropped two weeks after he bought one. He estimates the benefit saved him \$50 to \$75.

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Student loan interests rates go up this month

Here's what you need to know.



NerdWallet is a personal finance website.

Expect to pay more for federal student loans this coming school year.

All interest rates for student loans in the federal direct loan program are increasing by 0.60 percentage points for the 2018-19 school year compared with loans borrowed for 2017-18. It's the second consecutive year that rates have gone up for federal student loans.

Beginning July 1, the federal direct student loan interest rate is 5.05%, a 13% increase from last year. The rate for unsubsidized graduate student loans is 6.60% (up from

6.0%), while parent and graduate PLUS loan rates are 7.60% (previously at 7.0%).

The rate increase wasn't unexpected, says Betsy Mayotte, president and founder of The Institute of Student Loan Advisors. She says borrowers are also likely to see rates increase incrementally over the next few years.

The Department of Education lends out federal student loans, which are serviced by private companies. Each year, the federal government sets rates for new loans, based on the 10-year Treasury note, and they remain locked for the life of the loan. The interest rate increase is for new loans disbursed from July 1 to June 30, 2019.

What an interest-rate hike means for borrowers

This interest-rate increase won't affect loans made on or before June 30, 2018. For new borrowers, more interest will accrue on their loans and they'll repay more than they



Get ready to pay a bit more for federal student loans. ISTOCK

would have previously.

But the increase likely isn't significant enough to have an impact on borrowing habits, Mayotte says. "If it had gone from 4% to 8% maybe, but borrowers aren't really looking at the interest rate," she says. "And if they are, they're looking at big jumps."

A student who borrows \$10,000 after July 1 will see monthly payments

that are about \$3 higher on a standard 10-year repayment plan compared with last year.

How to get federal student loans

Most undergraduate students borrow federal loans because they don't require a credit history or a co-signer, as most private loans do. They are also less expensive than private fixed-rate loans because

they carry lower rates. Private loans also don't come with the borrower-friendly options of federal loans, like income-driven repayment and public service loan forgiveness.

To borrow a federal student loan, complete the Free Application for Federal Student Aid, or FAFSA. The application is also key to getting free aid such as grants, scholarships and work-study. Bor-

row federal student loans if you've maxed out all free aid you're eligible for, and only shop around for private loans if you've exhausted all other financial aid options.

How much you should borrow?

When borrowing for college, a good rule of thumb is to make sure your monthly loan payments after graduating equal no more than 10% of your projected take-home pay.

For example, the average salary for recent college grads was just over \$51,000 in 2017, according to the National Association of Colleges and Employers. After taxes, the average salary earner would bring home about \$2,848 a month. That means they should borrow no more than \$26,800 to afford a monthly loan payment of \$285 with the new interest rate of 5.05%.

You can use a student loan affordability calculator to determine how much you should borrow.

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SPORTS

How can Yankees optimize struggling Sonny Gray?

The right-hander has been a liability this season. Here is how the Yankees can play damage control with him.



JOE PANTORNO
joseph.pantorno@metro.us

New York Yankees starting pitcher Sonny Gray is in the midst of his worst season as a professional.

Through 17 starts, he's on pace for career worsts with a 5.85 ERA, 11 home runs allowed and a 1.571 WHIP, which has highlighted the Yankees glaring problem in the depths of their starting rotation.

At most, they are getting two consistent starts out of five. Luis Severino is a bona fide American League Cy Young Award candidate as he is 14-2 with a 2.12 ERA. Behind him, CC Sabathia has used veteran savvy to become the team's No. 2 starter as he possesses

a 3.02 ERA in 15 starts this season. At 37 years old, having the 10th-best ERA in the AL is quite an impressive feat.

But the Yankees have become one of the best teams in the American League thanks to an offense that ranks within the top three of Major League Baseball and simply outscores its opponents. Looking at the bottom of New York's rotation, there is much to be desired.

With Jordan Montgomery out for the season and the inconsistent Masahiro Tanaka preparing to return after hamstring injuries suffered while running the bases against the crosstown-rival Mets, Gray was expected to at least keep things afloat before the Yankees could make a deal for a true No. 2 or 3 starter ahead of the trade deadline.

Instead, Gray has been a disaster in a group of mystery arms that includes Domingo German (5.37 ERA), the



Sonny Gray has been a shell of his former self that excelled with the Oakland Athletics. GETTY IMAGES

injured Jonathan Loaisiga (2-0, 3.00 ERA) and Luis Cessa, who has been given multiple chances to secure a big-league spot but has struggled.

There is a way, however, that the Yankees could get the most out of a struggling Gray to optimize the rotation until help arrives via the trade market.

Start him exclusively on the road, even if it's for one or two turns through the rotation.

It's only natural that Yankees fans will immediately point to Friday's start against the Blue Jays in Toronto. Gray was slammed for five runs on six hits in just two innings of work. It was his second-straight

start he failed to hit the three-inning mark after he was hammered for six runs on seven hits in 2.1 innings against the Boston Red Sox at Yankee Stadium.

The Friday disaster against the Blue Jays though was a rare road implosion for Gray, who has been at least serviceable away from the

Bronx, which has been a house of horrors for him.

Looking at the splits, he is a significantly better pitcher on the road this year.

At Yankee Stadium, Gray is 2-3 with an 8.25 ERA (33 runs in 36 innings), allowing 8 home runs with a strikeout-to-walk ratio of 1.09.

Away from home, the 28-year-old is 3-4 with a 4.07 ERA (22 runs in 48.2 innings), allowing just three home runs with a strikeout-to-walk ratio of 3.47.

With Tanaka returning, the Yankees could temporarily move to a six-man rotation with German and Cessa manning the last two slots if the prognosis on Loaisiga's shoulder is not good. Skip over Gray if his start is scheduled for the Bronx and put him in the most favorable position possible until general manager Brian Cashman inevitably brings in new arms at the end of the month.

Knicks rookie Kevin Knox showing plenty of early promise

When he was taken ninth overall in the 2018 NBA Draft last month, it was a given that Kentucky product and newest New York Knicks small forward Kevin Knox was going to be a work in progress.

At 18 years old, there is still a good portion of his game that needs fine tuning and developing, which is common for almost every youngster making the jump to the NBA. Knicks fans have seen it with guard Frank Ntilikina, who was taken No. 8 in 2017 and still has a ton of work to do before becoming a serviceable contributor in the pros.

But after his Knicks debut in the NBA Summer League on Saturday against the Atlanta Hawks, Knox already started to show flashes of the kind of player he can be in the NBA.

And the early consen-



New York Knicks small forward Kevin Knox is showing plenty of athleticism during his early stint in the NBA Summer League. GETTY IMAGES

sus is very promising.

Knox showed off his athleticism in an instant early on, recording a steal near his basket and needing just four dribbles to go the length of the floor before throwing down a powerful two-handed jam just four minutes into the game.

He had five dunks in total on the night, including an athletic finish on an alley-oop thrown from halfcourt by Damyean Dotson.

"He's a freakish athlete," Knicks head coach David Fizdale would say after the game.

That was expected from the 6-foot-9 talent, whose 22-point debut obviously has to be taken with a grain of salt considering it's the Summer League. However, his ability to run the floor and finish with authority at the hoop is something that most NBA teams

would covet in a youngster.

"It's what the coaches want me to be from the jump — they wanted me to be able to attack the basket, get to the free throw line," Knox said (h/t New York Post). "That's kind of what I did. I settled myself in.

I got to the free throw line... next thing I know, I was playing really well."

Now comes the part of his game which needs to be improved.

Besides those five dunks, Knox shot just 3-of-17 from the field including a 1-of-7 showing from three-point range. His mid-range and outside shooting was his biggest knock in the pre-draft process which was the main reason why he sank to the Knicks in the first place.

But a jump shot can be developed in time. Knox's intangibles, like his aggression to get to the basket and play around the basket can't be. Should Fizdale live up to his billing as a player's coach and get the most of Knox, the Knicks are looking at another "freakish" talent to line up alongside Kristaps Porzingis one day. JOE PANTORNO

Report: Isles looking at Duchene

The Islanders are attempting to replace the goals lost with John Tavares' departure.



JOE PANTORNO
joseph.pantorno@metro.us

As the post-John Tavares era in New York Islanders franchise history continues, the organization is currently in the process of attempting to replace the goals that walked out the door with the newest Toronto Maple Leaf.

While it's not the most pressing need given the team still must address its defensive deficiencies, the Islanders are in talks with the Ottawa Senators for center Matt Duchene, according to CLNS' Jimmy Murphy.

The 27-year-old would immediately provide the Islanders with a second-line center behind last

year's Calder Trophy winner (Rookie of the Year) Mathew Barzal, who led the team with 85 goals (22 G, 63 A).

Playing in 82 games last season with the Colorado Avalanche before being traded to the Senators 14 games into the season, the Ontario native recorded 27 goals and 32 assists. Over his first nine years in the league, he's averaging approximately 22 goals and 30 assists per season. Those numbers would help re-bolster the middle of New York's attack.

The Islanders and Duchene were linked last season as well when the Avalanche put him on the market, but former general manager Garth Snow came up empty like he had so often before.

What the Islanders might be willing to give up all depends on Duchene's contract situa-



The Islanders have had past interest in Matt Duchene. With John Tavares now gone, talks are believed to be heating back up this summer. GETTY IMAGES

tion. He's a free agent at the end of next season, which would lessen Ottawa's return unless a sign-and-trade was in the cards.

Luckily for New York and new president and general manager Lou Lamoriello, the Sena-

tors are one of the worst teams in hockey and are looking at a major rebuild which could make them desperate to deal Duchene. Not only could they be dealing him, but captain and two-time Norris Trophy-winning defenseman Erik Karls-

son could also be on the move this summer.

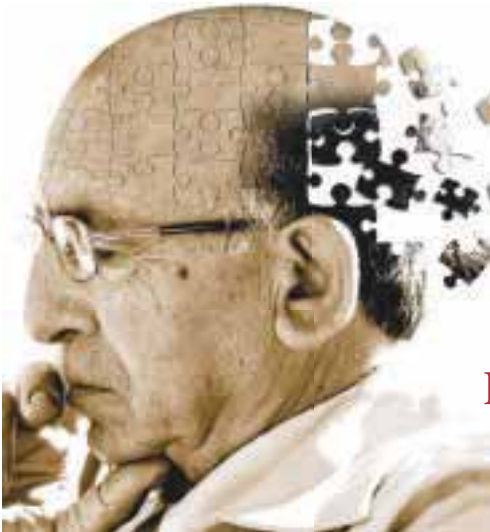
Karlsson joining the Islanders would be a longshot considering he would have to agree to an extension with the team before a trade could be made.

New York might have

the best assets to deal, but it has plenty of work to do before being considered a Stanley Cup contender while the Tampa Bay Lightning, Vegas Golden Knights and Dallas Stars offer far more attractive destinations for the 28-year-old blueliner.

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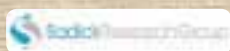
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LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number 1310536, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 10-09 50th Ave., Long Island City, NY 11101. Queens County, for on premises consumption. Corazon De Mexico Corp. d/b/a La Adelita Bakery.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday July 18, 2018 at 2:00 p.m. at 42 Broadway, 5th floor on a petition for Great Food 57th St LLC to establish, maintain, and operate an unenclosed sidewalk cafe at 629 W. 57th Street in the Borough of Manhattan for a term of two years.

REQUEST FOR COPIES OF THE REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: FOIL OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

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NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS,
CITIMORTGAGE, INC.,
Plaintiff, vs. MERCEDES M. ALAVA; JOSE A. POUSO, ET AL., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on February 06, 2018, I, the undersigned Referee will sell at public auction at the Queens County Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on July 27, 2018 at 10:00 a.m., premises known as 153-10 Bayside Avenue, Flushing, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 4838 and Lot 34. Approximate amount of judgment is \$645,845.16 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 700611/15. Alan Kestenbaum, Esq., Referee Knuckles, Komosinski & Manfro, LLP, 565 Taxter Road, Ste. 590, Elmsford, NY 10523, Attorneys for Plaintiff
Cash will not be accepted.

NOTICE IS HEREBY GIVEN that a license, Number 1311308, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Bar/Tavern under the Alcoholic Beverage Control Law at 1114-1116 Avenue U, Brooklyn, NY 11223. Kings County, for on premises consumption. Viejon Inc.

NOTICE IS HEREBY GIVEN that a license, Serial # 1310284, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 81-15 Northern Blvd., Jackson Heights, NY 11372. Queens County, for on premise consumption. BocaItto Inc.

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS,
BANK OF AMERICA, N.A.,
Plaintiff, vs. ANTHONY TIMS A/K/A ANTHONY D. TIMS, ET AL., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on August 02, 2017, I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on July 20, 2018 at 10:00 a.m., premises known as 191-02 110th Road, Saint Albans, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 10949 and Lot 104. Premises will be sold subject to provisions of filed Judgment Index # 14527/13. David L. Cohen, Esq., Referee Berkman, Henoch, Peterson, Peddy & Fenchel, P.C., 100 Garden City Plaza Garden City, NY 11530 Attorneys for Plaintiff

NOTICE IS HEREBY GIVEN that a license, Number Pending, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 35-07 31st Ave., Astoria, NY 11103, Queens County, for on premises consumption. 35-07 RSRT LLC d/b/a Hutch.

NOTICE IS HEREBY GIVEN that a license, Serial # 1311678, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 115 Division Street, New York, NY 10002. New York County, for on premise consumption. Noodle Investors Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Restaurant Wine has been applied for by the undersigned to sell Wine, Beer & Cider at retail under the Alcoholic Beverage Control Law at 69A Clinton Street, New York, NY 10002, New York County, for on premises consumption. Ronin Stones Inc. d/b/a Ronin Stones.

SUPREME COURT

COUNTY OF QUEENS
DEUTSCHE BANK NATIONAL TRUST COMPANY, AS INDENTURE TRUSTEE, ON BEHALF OF THE HOLDERS OF THE ACCREDITED MORTGAGE LOAN TRUST 2006-2 ASSET BACKED NOTES, Plaintiff against LIZA BESS, if living, or if either or all be dead, their wives, husbands, heirs-at-law, next of kin, distributees, executors, administrators, assignees, lienors and generally all persons having or claiming under, by or through said LIZA BESS, by purchase, inheritance, lien or otherwise, of any right, title or interest in and to the premises described in the complaint herein, and the respective husbands, wives, widow or widowers of them, if any, all of whose names are unknown to plaintiff, et al Defendant(s). Pursuant to a Judgment of Foreclosure and Sale entered on March 12, 2018, I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse, 88-11 Sutphin Boulevard, Court Room # 25, Jamaica, N.Y. on the 10th day of August, 2018 at 10:00 a.m. premises described as follows: All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Far Rockaway in the Fifth Ward of the Borough and County of Queens, City and State of New York, bounded and described as follows: BEGINNING at a point on the southeasterly side of Bay Street, a/k/a Dunbar Street, 420 feet northerly from the corner formed by the intersection of the said southerly side of Dunbar Street with the northeasterly side of Mott Avenue, from said point; RUNNING THENCE southeasterly at right angles to said side of Dunbar Street, 125 feet; THENCE northeasterly and parallel with said side of Dunbar Street, 40 feet; THENCE northwesterly again at right angles to said side of Dunbar Street, 125 feet to said southeasterly side of Dunbar Street; THENCE southwesterly along said side of Dunbar Street, 40 feet to the point or place of BEGINNING. Said premises known as 1516 Dunbar Street, Far Rockaway, N.Y. 11691. (Block: 15685, Lot: 32) Approximate amount of lien \$ 587,134.07 plus interest and costs. Premises will be sold subject to provisions of filed judgment and terms of sale. Index No. 13115-11. Gary M. Darche, Esq., Referee. Eckert Seamans Cherin & Mellott, LLC Attorney(s) for Plaintiff 10 Bank Street, Suite - 700 White Plains, N.Y. 10606 (914) 949-2574

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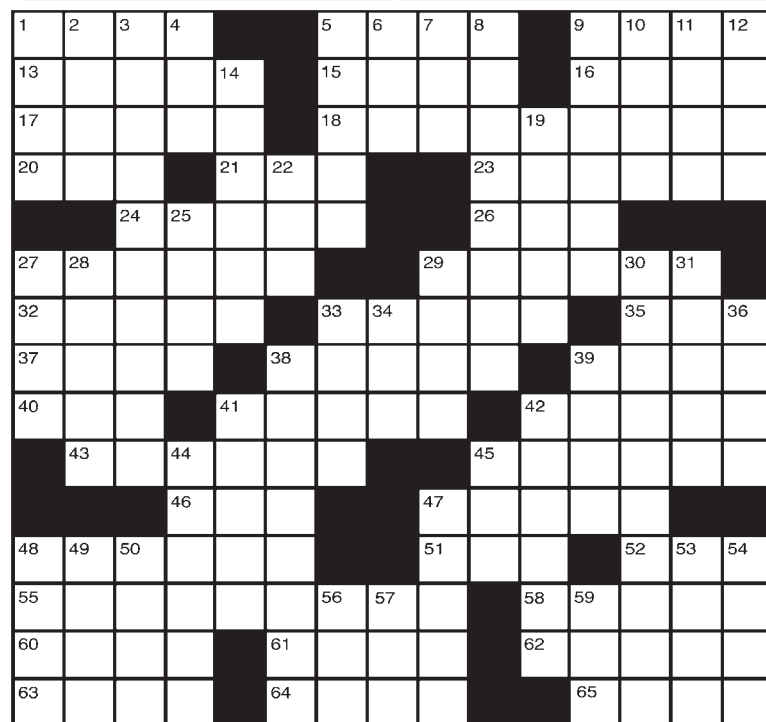
ACROSS

- 1 Radar screen image
5 Circle portions
9 Like a baby's skin
13 Type of eclipse
15 Twofold
16 Doesn't ___ for; dislikes
17 Extreme
18 Give insight to
20 Whitney or Wallach
21 Knock
23 Self-confident
24 Damp
26 Scouring pad
27 Artist's purchases
29 All ___; clumsy
32 ___ enough; ironically
33 Move over a bit
35 Hole-maker
37 WWII turning point
38 Fragment of glass
39 Hunted animal
40 Beautician's offering
41 ___ away; amazed

- 42 Not smashed
43 Conquer
45 Take out text
46 Curved edge
47 Rotating engine piece
48 Leave high and dry
51 Dine
52 Skillet
55 Reddish ape
58 Jagged
60 Dollar bill
61 Memo
62 Take it easy
63 Espies
64 Recognized
65 Fender-bender memento

DOWN

- 1 "___ Skies"; Irving Berlin song
2 Slowdown in activity
3 Threaten
4 Not up to ___; feeling lousy
5 Skillful
6 Gallop
7 Coolidge, to friends
8 Careless; slovenly
9 Religious split
10 Dinner in the barn
11 On the house
12 Take care of
14 Conversation piece
19 ___ with; date
22 Burro
25 "I ___ Have Eyes for You"
27 Pea casings
28 Found a total
29 Having mixed feelings
30 Haircut shop symbol
31 Good-natured
33 Injection
34 Crow's comment
36 Early harp
38 Basketball player's feat
39 Former Olympics sport
41 Human ___; person
42 Irish ___; reddish pooch
44 Hot dogs
45 ___ slow burn; get increas-
ingly angry
47 Rejuvenate
48 Cries
49 ___ or false test
50 Marathon
53 Wise ___ owl
54 Bank teller's call
56 Heavy weight
57 Suffix for consider or consul
59 Cerise or ruby



BY TCA

metro.us/wordsearch



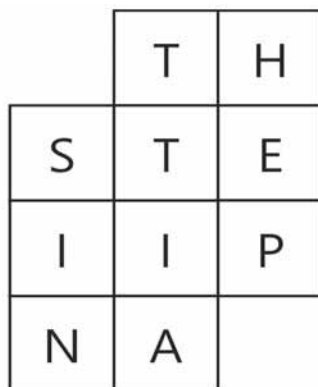
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Cast Away
Conductor
Da Vinci

Disney
Forrest
Mail
Oscar
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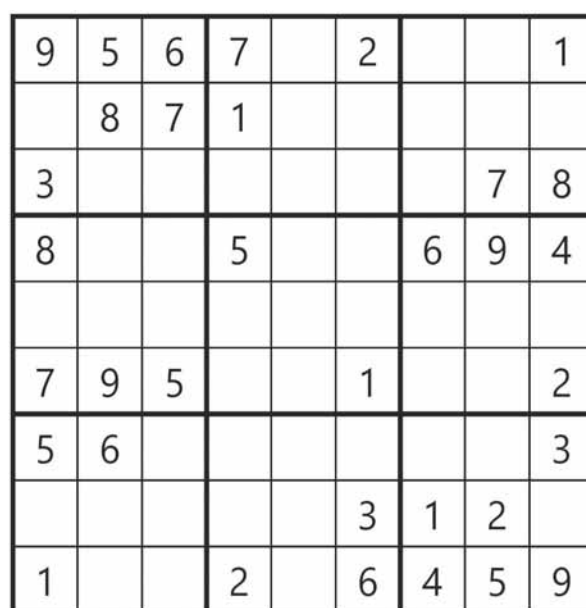
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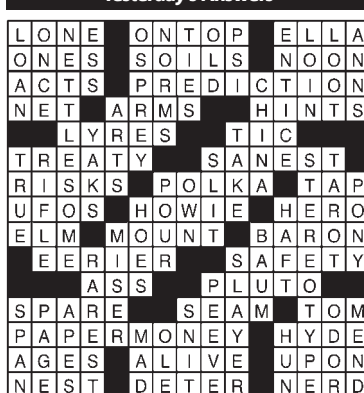
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